

# How to Survive the Holiday

## ULTIMATE EDUCATOR CHEAT SHEET

### FIND THE MEANING OF THE HOLIDAY

- Why do you celebrate this holiday?
- What is it about this holiday that is meaningful to you?
- How can you shift to get into the spirit this holiday?

### STAY CONNECTED

- Don't be alone unless you want to be
- Text friends and family with gif wishing them a Happy Holiday or merry Christmas
- Ask for help if uncomfortable, overwhelmed or need any help

### CONTRIBUTE

- Offer to clean the kitchen, help set up for holiday, or run to the store
- Donate to online charity
- Ask someone else how they are, ask questions to keep them telling their story, and really listen

### PRACTICE SELF-CARE

- Breath deeply and pause when irritated
- Journal - Write about what you are grateful for
- Pick favorite self-care practice such as walk, essential oils, prayer, meditation

### THINKING

- Try not to do too much of this
- Create an escape plan and stay to normal routine
- Think moderation in all areas
- Be realistic and let go of expectations or you will be disappointed

### LAUGH

- Watch a funny movie such as Elf, A Christmas Story, The Best Man Holiday, A Very Harold & Kumar Christmas or pick your favorite
- Don't take yourself so seriously
- Find the humor in situations
- Research jokes online and tell them at the holiday event